DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Interim Public Health Recommendations and Testing and Quarantine Guidance for Vaccinated Individuals

Currently authorized vaccines in the United States are highly effective at protecting vaccinated people against symptomatic and severe COVID-19 illness. Additionally, a growing body of evidence suggests that fully vaccinated people are less likely to have asymptomatic infection and potentially less likely to transmit the virus that causes COVID-19 to others. How long vaccine protection lasts and how much vaccines protect against emerging COVID-19 variants is still under investigation. Until more is known, and vaccination coverage increases, some prevention measures will continue to be necessary for all people, regardless of vaccination status. However, the benefits of reducing social isolation and relaxing some measures such as quarantine requirements may outweigh the residual risk of fully vaccinated people becoming ill with, or transmitting COVID-19 to, others. Additionally, taking steps towards relaxing certain measures for vaccinated persons may help improve COVID-19 vaccine acceptance and uptake. Therefore, there are several activities that fully vaccinated people can resume now, at low risk to themselves, while being mindful of the potential risk of transmitting the virus to others.

This set of public health guidance applies to fully vaccinated individuals. People are considered fully vaccinated for COVID-19 more than 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or more than2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen).

The below recommendations are based on updated CDC guidance. The CDC's recommendations do no take the place of restrictions under the Governor's Executive Order (See 29th Modification to the Executive Order), which states that face coverings are required for individuals aged Kindergarten and up in the following settings:

- State buildings
- Public transit
- Planes
- Schools and child care facilities
- Health care facilities
- Congregate settings (prisons, homeless shelters)
- Businesses may impose mask requirements for customers and employees

Unvaccinated individuals, including children ages 2 and older not yet eligible for a COVID-19 vaccine should still wear masks in public settings, and around others who are outside their immediate household.

Fully vaccinated people can:

- Resume activities without wearing masks or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules and regulations, including local business and workplace guidance
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States
- Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings
- Refrain from quarantine following a known exposure if asymptomatic
- Refrain from routine screening testing if feasible
  - Employers may continue routine screening testing based on workforce general risk of exposure to COVID-19

Further recommendations for vaccinated people are available at: https://coronavirus.delaware.gov/vaccine/fully-vaccinated/

Breakthrough Cases

COVID-19 vaccines are effective. However, a small percentage of are found to have tested positive for COVID-19 even after being fully vaccinated. These are called "**vaccine breakthrough cases**." This doesn't mean that the person became exposed or infected after being fully vaccinated, just that they have tested positive after. While people who have been vaccinated are much less likely to get sick, it may still happen. Experts continue to study how common these cases are.

Large-scale clinical studies found that COVID-19 vaccination prevented most people from getting COVID-19. Research also provides growing evidence that mRNA COVID-19 vaccines offer similar protection in real world conditions. While these vaccines are effective, no vaccine prevents illness 100 percent of the time. For any vaccines, there are breakthrough cases. With effectiveness of 90 percent or higher, a small percentage of people who are fully vaccinated against COVID-19 will still get sick and some may be hospitalized or die from COVID-19. It's also possible that some fully vaccinated people

might have infections, but not have symptoms (asymptomatic infections). The possibility of infection and potential for transmission is why DPH continues to remind Delaware residents to continue following public health precautions, including wearing masks, washing hands and social distancing, even after receiving the vaccine until even more have been able to be vaccinated.

Delaware Division of Public Health (DPH Recommendations For Testing and Quarantine Among Fully Vaccinated People

	General Public	People who *live* in congregate settings	People who *work* in congregate settings	Healthcare Personnel	Residents of Healthcare Settings	Dormitory Residents at Institutes of Higher Education
Examples	Includes farmworkers, warehouse and restaurant staff, and school staff and students	Homeless shelters, prisons, group homes, meat and poultry processing plants	Homeless shelters, prisons, group homes, meat and poultry processing plants	EMS, nurses, nurses assistants, physicians, technicians	Inpatients, LTC residents	Or similar high-density housing settings
NO SYMPTOMS: Should I quarantine after an exposure to COVID-19?	No	No	No	No	Yes	No
NO SYMPTOMS: Should I get tested after an exposure to COVID-19?	No* (*unless advised by your healthcare provider, employer, or DPH)	Yes	Yes	Yes	Yes	Yes
WITH SYMPTOMS: Should I quarantine after an exposure to COVID-19?	Yes	Yes	Yes	Yes	Yes	Yes
WITH SYMPTOMS: Should I get tested after an exposure to COVID-19?	Yes	Yes	Yes	Yes	Yes	Yes
	Anyone who has symptoms of COVID-19 should isolate from others and get tested, regardless of vaccination status.					

Resources:

DPH webpage: What you Should do After You're Fully Vaccinated:
https://coronavirus.delaware.gov/vaccine/fully-vaccinated/